Understanding motivation for exercise and healthy eating is a widely popular subject in today’s society. Public health experts are constantly trying to discover new ways to motivate and educate people on healthy habits. This is a crucial component in maintaining the well-being of the community and efforts must resume in trying to address lifestyle changes for the public. Since technology is prevalent in our culture, it would be beneficial to look at it as an avenue for behavior modification. Mobile health technology or the use of activity trackers has grown considerably. It has the potential to motivate, monitor, and educate patients and clients on healthy habits but needs further study. This study found that the majority of individuals who use or have used activity trackers record their activities three to five days per week. Also, 40.9% of males and 37.8% of females surveyed indicated high motivation due to accountability for health habits while tracking activity. The information gained from this study can be used to improve public health and provide information to professionals in regards to different avenues for motivation and behavior change techniques. In order to rely on technology for behavior change, one must recognize the growing field of virtual training and the many options available.